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Paleo Girl: Take A Leap. Empower Yourself. Be Awesome!



Synopsis

Let's drop the diet gossip...and go back to the beginning. Has a friend ever told you that you're only supposed to eat 1,200 calories per day? Did you once read that your favorite celeb got killer abs from doing hours of cardio? Have you heard that eating fat will make you fat? Well, I'll let you in on a little secret: those ideas are complete nonsense! If you want to get in great shape, have flawless skin, and radiate genuine happiness, you need to go beyond outrageous magazine headlines and truly understand the correct approach to eating, exercising, sleeping, and managing the hectic pace of modern life. Paleo Girl will help you transform your health the right way by adapting the lifestyle behaviors of our strong, smart, and healthy hunter-gatherer ancestors. Paleo Girl features an easy to follow Primal fitness guide; advice on getting ample sun, sleep, and play; tips for navigating physical maturation; pointers to amp up your motivation; and teen-friendly DIY recipes and beauty products!

Book Information

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Customer Reviews

Leslie Klenke is an author, designer, health enthusiast, and voiceover artist living in a beautiful Los Angeles, California. Originally from Dayton, Ohio, she graduated from Bowling Green State University with a degree in Visual Communication Technology and a minor in Entrepreneurship. Leslie merges her love for art and health with her first book, Paleo Girl, which she proudly wrote, photographed, and designed. She shares her passion for "good food and a healthy life" on her popular Instagram: @LeslieKlenke. Leslie is happily married to her best friend, AJ Wilson, and the proud owner of two goofy Boston Terriers, Olie and Harlow. For more

information on Leslie and her various projects, visit leslieklenke.com.

This book is written in such a fun way! I have read some "diet" books before that have bored me to tears. This was a fun book to read. It is written for teens, but it is really a fantastic book for anyone at any age.

Paleo Girl is a wonderful book with a treasure trove of information that every girl needs to live a healthier and fulfilling lifestyle. Beautiful in both layout and presentation, Paleo Girl is absolutely essential in many ways. Not only will you find yourself completely immersed in Leslie Klenke's charming and approachable writing style, but you will be laughing along the way. Her creativity and passion clearly shines through in the literature, yet never detracts from the central message at hand. Chapter three was especially fantastic and eye opening, because I never truly understood the importance of sleep until now. While I always knew in the back of my mind that I wasn't getting enough, I now fully realize how absolutely essential it is to the human condition. Things like shutting off your television an hour before bed and eating the right foods prior to sleep go a long way in finding a successful and happy lifestyle. Paleo Girl effectively establishes its message, while getting the point across with basic facts and scientific evidence. I will never again underestimate the power of a good night's sleep. Making the switch is not easy, and sometimes life holds us back, but Paleo Girl has that covered with an entire chapter about Motivation. It covers a variety of topics that you or your loved ones will find useful in bringing everyone on board, even unconvinced parents. Some of the tips I found clever and insightful. For instance: Requesting a second helping of vegetables, skipping out or refusing pop and sugary substances when offered, and packing your own lunch so that you are in control. Sometimes actions speak louder than words, and I found this to be a most clever approach that I had never heard of before. Not only does it have the information but also necessary tools to make the change. Yes, I mean recipes! And boy does it have some tasty ones. You will find everything from a delightfully tasty 'Flippin' Chicken Sammie' to the irresistibly scrumptious, 'Cave Crave Pizza.' It has a great resource for people on the go. Something as simple as a hard boiled egg can give your day the necessary punch it needs. Paleo Girl is highly recommended and even essential. If you are as confused as I was, or just looking to learn what all the fuss is about, then this book is for you. It will not disappoint. 5 out of 5 stars.

This book speaks to everyone, not just teenagers. I love the fact that when I'm finished with it, I can

pass it down to my teenage niece for her to read and understand as well... there are a lot of informative details that most;especially teenagers can gain the knowledge to process and understand just what our bodies go through and what you need to do to maintain a healthy lifestyle. Some teens think they are alone and this book simply says you're not! I love this book! A+

I purchased this book for my 14-yo DD several months ago and at first, she refused to read it. I had changed our way of eating at home to more "real food" and much less processed food. She still had several opportunities away from home to eat processed things like pizza and cookies. She, for the most part, refused to eat "real food", opting to fill herself on bananas and apples and the occasional egg. I did ultimately buy her pasta made from Einkhorn wheat as a compromise...A couple months ago, she started reading it. Then she would say things that indicated she was not only reading it, but contemplating what was said. Several weeks ago, I saw her perusing over the pages, mumbling something about "what can I eat?"..... today she is several days in to trying to cut out grains and refined foods, even rejecting cookies and pizza at church and she has printed out several recipes she wants to try. She has branched out and added kale to her usual romaine salad and has tried several different veggies (romaine and carrots and the occasional pea pod were the only veggies she would eat). I am so proud of her and so thankful for this book and the friendly way in which Leslie presents the information. Just tonight, daughter asked me if I had Mark Sisson's book, "Primal Blueprint", which I do so she has taken it to bed with her to start reading. Hallelujah!

completely satisfied

Honest, funny, educated. Great for teen girls, women who've been through it, and anyone with a teen in his/her life. Preparation for a long, healthy, beautiful life. Well written, easy read, great insight, info, and passion. Be ready to be inspired. :)

Fabulous book, well written with an innate ability to resonate with the target ages ...my son's girlfriend is enjoying it and understanding better what I have been trying to teach her(and him) and they are reading it together I read it before gifting it, and found it to have lots of valuable information on growing up and dealing with many of life's situations.Highly recommend it .

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